



Possession v. Penetration

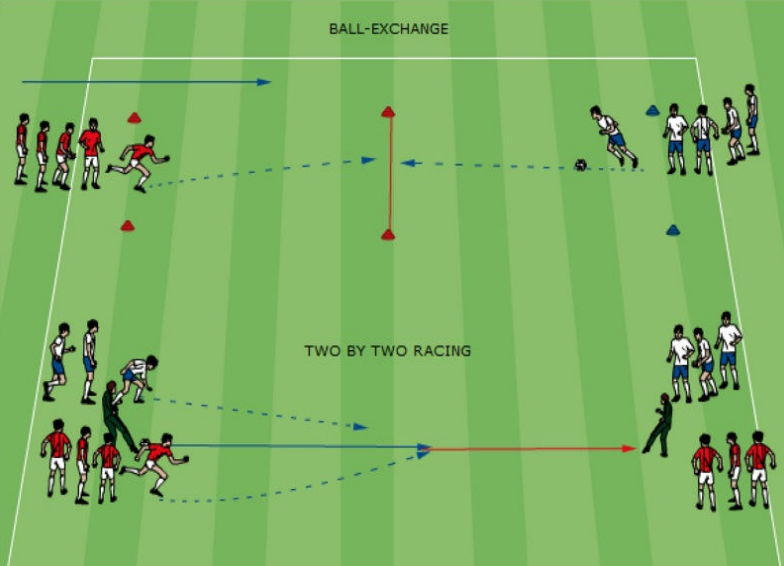
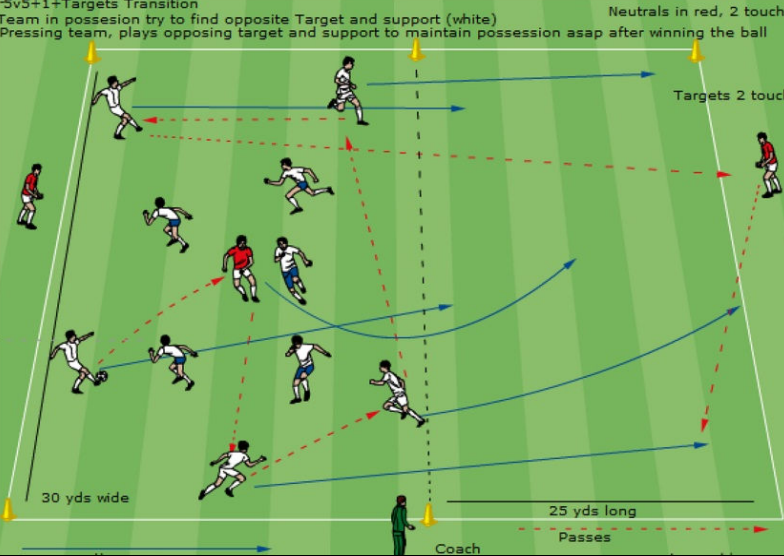
INSTRUCTOR: Carlos Juarez

COURSE: A License

DATE: 05/14



TOPIC: Possession v. Penetration

STAGE	ORGANIZATION (DIAGRAM + RULES)	OBJECTIVES / COACHING POINTS
<p>TECHNICAL WARM-UP</p>	 <p>BALL-EXCHANGE</p> <p>TWO BY TWO RACING</p>	<p>I. SET-UP - OBJECTIVE: SPEED PRODUCTION</p> <p>A. (All players in the center circle)</p> <ul style="list-style-type: none"> 1 Ball per player- dribbling at will On coaches command "change" - stop your ball and quickly find a new ball Resume dribbling with new ball <p>(Refer to top exercise in diagram)</p> <ul style="list-style-type: none"> 2 facing lines of 5-6 players each (15-20m) 1st player dribbles at high pace and stops the ball on the halfway line- then finishes their sprint to the back of the opposite line Facing player assesses the run, picks up the ball and dribbles (pace) to opposite line <p>B. Pairs - linked at elbows</p> <ul style="list-style-type: none"> 1 Ball per player ½ group on perimeter as servers Pairs are challenged with a variety of juggling/passing exercises while remaining linked at the elbows <p>Refer to lower exercise in diagram)</p> <ul style="list-style-type: none"> 1 coach / server at each end. Divide into 2 teams for competition. Coach serves ball down the channel. 2 players compete to arrive at the ball and serve a first time pass to the coach.
<p>SMALL-SIDED ACTIVITY</p>	 <p>5v5+1+Targets Transition Team in possession try to find opposite Target and support (white) Pressing team, plays opposing target and support to maintain possession asap after winning the ball</p> <p>Neutrals in red, 2 touch</p> <p>30 yds wide</p> <p>25 yds long</p> <p>Coach</p> <p>Passes</p>	<p>II. SET-UP - OBJECTIVE: WHEN TO POSSESS/PENETRATE</p> <p>5v5+1+ Targets</p> <ul style="list-style-type: none"> Directional to targets Team A -2,3,4,5,6 + neutral (10) v team B-6,7,8,7,11 <p>TECHNICAL ASPECTS:</p> <ul style="list-style-type: none"> Backs, Mf's posses Mf's, Forwards penetrate Decision making, possession or proactive going forward <p>TACTICAL PROGRESSION:</p> <ul style="list-style-type: none"> Team A builds up, keeps possession Team B proactive, penetrate <p>TACTICAL ASPECTS:</p> <ul style="list-style-type: none"> Service pace and angle. Movement to support and to create passing angles. Timing and angles of supporting runs. Visual cues from teammates and environment.

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EXPANDED SMALL-SIDED ACTIVITY		<p>III. SET-UP</p> <p>The training takes place in half-a-field with an additional 6-8 yards across the half line.</p> <ul style="list-style-type: none">• 2 teams of equal number field players (8). The focal team will be organized in a 2-3-3 System and will attack the full-size goal with a build-up area just behind the half-line.• The opposition will be in a 4-3-1 (diamond) formation. <p>MIDDLE POSSESSION V. PENETRATION</p> <p><u>Specific emphasis</u> on the attacking role of the fullbacks and wingers in coordination with the front four.</p> <ul style="list-style-type: none">• When to Possess when to Penetrate• Tactical roles and functions in the flank channel. All cues and decisions associated w/<ul style="list-style-type: none">+intentional movement of #7, #11+overlapping runs by #2, #3+end-line penetration by #2, #3+central passing combinations by #7, #11+connections (#2,#7) and (#3, #11)• Common technical functions;<ul style="list-style-type: none">+Through balls+Running with the ball+Passing and combining
GAME		<p>IV. GAME</p> <p>11v11</p> <p>4-4-2 v 4-2-3-1</p> <p>The progression to the final game stage is simply a matter of extending the length of the field and adding a 2nd full-size goal.</p> <ul style="list-style-type: none">• Full field• Use all FIFA rules during play.